

# Class Description

## Summer 2014

All of fitness instructors have been certified in their special fields and/or through the national and International organizations of I.D.E.A. (A.C.E) and/or A.F.A.A. National workshops, seminars keep ACSC's aerobic program current, competitive and safe. All classes are instructed in a "freestyle" format that is easy to follow and presented in a relaxed atmosphere. Instructors will show many modifications and variations, enabling all participants to have an enjoyable and successful workout.

**Aqua ½ & ½ :** Spend ½ an hour in the shallow end getting your heart rate up and then move to the deep end for an incredible workout.

**Aqua Jam:** A mix of water, music and zumba techniques to get the most from your work out. Let the water aid your workout as you grove to fabulous music.

**Cardio Express/Pump:** The best of both worlds. High intensity cardio mixed with muscle toning of power pump.

**Cardio Kickbox:** The perfect class to vent frustration. Up tight from a stressful day? Leave it all behind as you combine ancient self defense movements with boxing skills. This demanding workout will challenge you both mentally and physically.

**Cardio Strength Circuit:** A mix of balls, bands, tubing, weights bars, and kickboxing. Class format is circuit training. You will experience a unique work out every time.

**Cycling:** A great way to bring the benefits of cycling to group fitness. Cycling takes you on a virtual outdoor ride complete with hills, valleys, flat roads, sprints, and jumps. Cycling is taught on stationary bikes to great music with an instructor coaching you along the ride. All fitness levels are welcome.

**Deep Water:** A vigorous workout in deep water. With the aid of an aqua jogger or noodles, spend an hour working all the muscles in your body.

**Exclusively Core:** A rocking 30 min. core workout. Building strength begins with your core.

**Keep it Movin':** Class is designed for anyone who may want a more gentle approach to fitness. Music from the 40s, 50s and 60s provides the inspiration to get moving! Low impact, strength training and balance work combined with a fun atmosphere.

**Pilates:** A method of body conditioning, Pilates combines the benefits of weight training, tai chi, yoga, and meditation. Your awareness of breathing, relaxation, concentration and fluidity will heighten during the physical work of this exercise. Pilates provides strength, flexibility and empowerment to all who take this class.

**Poolaties:** Just like the title says, let the resistance of the water help tone and strengthen your core.

**Power Pump:** Exclusive to ACSC, this format was designed to combine the best of weight room lifting and group exercise. This class will use dumbbells, resistance tubing, exercise balls, and weights bars with optional plates to add strength and define muscle mass.

**Power Step:** An intermediate to advanced level class filled with step choreography and powerful moves. Excellent large muscle conditioning and strengthening class that compliments aerobic fitness.

**Pump Pilates:** First 15 min of class is devoted to strength training for the entire body. The rest of the class you will focus on the core of your body using Pilate's moves to work into the abdominal, back and gluteus muscles. These moves build stability and strength throughout the core of the body.

**Stretch and Strengthen:** The best of both worlds. This hour workout brings you integration for yoga poses and Pilates moves that will encourage strength, flexibility, balance and power. The challenge, created to improve muscle strength and endurance, will be contrasted with an experience of relaxation and calm. This class will introduce you to an effective way of reducing and releasing stress as well as developing a new acceptance and respect for your body.

**Yoga:** Appropriate for everyone at any fitness level or age. Strength, flexibility and relaxation are combined to achieve mind/body health and total performance.

**Zumba:** Combination of high-energy dance moves and Latin music. No dance experience required.

**Zumba Plus+:** The high energy of regular Zumba with an added kick! Includes hand weights and leg weights.